

Tarwin Lower Primary Newsletter

School Road, Tarwin Lower

Ph- 5663 5263

Email- tarwin.lower.ps@education.vic.gov.au



Tarwin Lower Primary School

Small School, Big Opportunities

1st December 2021

Newsletter No. 19

Dear Families,

Can you believe that we have less than three weeks of school remaining? Time really does fly when you are having fun!

As the end of the year fast approaches, our hardworking staff are busy teaching, assessing students as well as preparing for next year. We have lots to look forward to over the coming weeks, including camp, excursions, concert and of course our grade 6 graduation ceremony. Please make sure you keep an eye on Compass and Facebook for updates and important information over the coming weeks.

In the newsletter dated 20th October I wrote about *Adaptability*, which is the ability to be creative and flexible in the face of new situations. This is the skill we are all learning to be better at due to the ever-changing world of COVID and restrictions.

At our most recent School Council meeting we discussed the concert and grade 6 graduation. Our councillors showed creative thinking about how to allow this to go ahead this year. We have a fantastic plan for a wonderful evening. There is a poster in the newsletter about the night and the details are below.

- When – Wednesday 15th December 6pm to 8pm
- Where – Tarwin Lower Football Grounds, on the oval
- How – Rotary has donated a truck stage for us to use on the night
- Who – all families and friends of the school - both past, present and future



- What – Please bring a picnic rug or chairs, your own picnic food and drinks, sunscreen, mozzie repellent.
- Please note – this is an alcohol free and smoke free event.

The school will be following the COVID requirements from the Football Club when using their toilets. The evening will start with a mixture of speeches and performances, and end with Santa visiting in his truck. So please get your clearly labelled books (First and Last Name) to the office ASAP, so Santa has a present for them on the night.

The following day (Thursday), the last teaching day of the year, the grade 6 students and staff will be heading off for a final lunch together – information has been sent via Compass.

Please check Facebook for the fun our students have been having on camp and surfing. The photos will be posted regularly.

Outdoor Classroom

The school has been successful in obtaining a grant for the installation of shade sails over an outdoor learning space. This space will be near the vegie patch. Recycled plastic outdoor tables will also be purchased next year.

The aim of the VSBA's School Shade Sails Fund is to maximise the use of outdoor spaces to support outdoor learning.

Warm Regards,

Jennifer Cox

Principal



Kindness

Cooperation

Resilience

Respect



Transition from Kindergarten to Prep

Our transition program for our 2022 preps continues on Friday 3rd December from 11.30 - 1.30. The final transition date will be Tuesday 7th December from 9.00am - 11.00am. This is the statewide transition day.

Transition dates are also on the last page of this newsletter.

Books for Santa

The end of term is creeping up on us very quickly. Please ensure you drop off wrapped and clearly labelled books into the office as soon as possible so that Santa can deliver them on our end of year celebration evening.

To date we have only had one book delivered! 😞

Parent Payments for 2022

2022 Parent Payment Policy and Arrangements have approved by School Council and will now be available for all families. Payments are now being accepted.

Parent Payment arrangements are attached to this newsletter and will be published separately on Compass and the school website.

There is also a link to the Department of Education and Training's (DET) Parent Payment Policy on the school website.

Please read the Parent Payments Arrangements carefully as there are significant changes. To summarise, there will be no 'book pick up day' as all books and stationery will be delivered straight to the classroom. The office will be open on Friday 28th January for payments, and any other administrative activities including uniforms from the preloved collection.

We're delighted to confirm that there is no increase on our 2021 charges. The payments are described in several new categories in line with updated guidelines from the DET.

The 'Curriculum Contributions' section of \$150.00 covers all materials provided to each child throughout the year, which will be waiting for every student in their classroom on the first day of school next January. A full breakdown of the 2022 stationery and equipment is available on request.

The final part of the payments refers to 'Other Contributions', which includes a \$30.00 charge for grounds maintenance. This will go towards supporting the upkeep of the school gardens and in 2022 will also help with the cost of soft fall mulch under our playground equipment.

We look forward to your support with these payments prior to the start of the new school year so that we may continue to ensure an outstanding level of provision and support for every student. If you have any queries in regards to these payments or would like to organise a personalised payment plan, please do not hesitate to make contact with the school's office on 5663 5263.

2022 Victorian school term dates

	Start date	Finish date
Term 1	31 January	8 April
Term 2	26 April	24 June
Term 3	11 July	16 September
Term 4	3 October	20 December

Happy Birthday

We hope you had a great day on your birthday

- ◆ **Blake**
- ◆ **Aymish**
- ◆ **Addie**
- ◆ **Archer**



Bread Tags

Remember to continue to collect your bread tags this year.



School Bank Details

ACC NAME: Tarwin Lower Primary School
 BSB: 633108
 ACC: 151500626



DATES TO REMEMBER

Wednesday 1st - Thursday 3rd December	Forest Lodge Camp Grades 3 & 4
Friday 3rd December	Surfing @Sandy Point Grades 5 & 6
Friday 3rd December	Prep Transition Day #4 11.30am - 1.00pm
Tuesday 7th December	Orientation Day - Gr 6 to Secondary/Preps 9.00am - 11.00am
Wednesday 8th December	End of Year Excursion - Fun day @ Toora Pool
Wednesday 15th December	Christmas Concert, Family Picnic, Graduation & Santa @ Tarwin Football Oval 6pm
Thursday 16th December	Grade 6 Graduation Lunch @ Riverview Hotel
Friday 17th December	Cleaning day & Last Day of Term 4 - Happy Holidays!!
Friday 28th January 2022	Office open for payments/ enquiries etc
Monday 31st January	First Day of Term 1 - Welcome back !!

New Respectful Behaviours within the School Community Policy

Our school community has demonstrated incredible solidarity and resilience throughout the COVID-19 pandemic. Being back in our classrooms with extra health and safety measures is another big transition, but it's the very best one for our children's education. As we navigate these changes to onsite learning, including required mask wearing for some students, it's more important than ever that adults in our school community treat each other with respect and kindness.

The Department of Education and Training has released a [new policy](#) that describes the positive behaviour expected from parents, carers, and other adults in Victorian school communities. The policy sets clear standards of behaviour to create a safe, respectful, and inclusive learning environment for students, staff and adults.

There are also other resources to support safe and respectful relationships in our school community, including information about getting involved in the school, advice on how to raise a concern or complaint, and parenting support resources. You can find the new policy and these resources [here](#).

You may also see a [new poster](#) up around our school, promoting positive behaviour.

For more information on how to engage positively with our school, please contact the principal, Jen Cox.



Congratulations to our certificate winners for the last two weeks! Fantastic Efforts.





Pre-Service Teachers

Over the last 3 weeks you may have seen a couple of different people in our school. They are pre-service teachers who are doing their placements with us. John Ensabella and Tegan Jamieson are studying teaching through Monash University in Melbourne. We would like to thank them for their contributions to our learning environment. They have lead some lessons and connected well with the students. We wish them all the best for their future careers. John is with our 'happy campers' at Forest Lodge for the rest of the week and Teagan will be going surfing with our 5/6 students on Friday.



Students have been very busy over the past few weeks painting some timber Christmas decorations for the Tarwin Lower/Venus Bay community.

Thank you to Jean Jones for organising this with the school and the local traders.

Please keep your eye out for these decorations along the main street. They look bright and wonderful.

Tarwin Lower Primary School
 School Road
 Tarwin Lower 3956
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 Fax. 5663 5474
 tarwin.lower.ps@education.vic.gov.au



"Small School, Big Opportunities"
 Kindness, Cooperation, Resilience, Respect

TARWIN LOWER PRIMARY SCHOOL TRANSITION DATES FOR PREPS BEGINNING IN 2022





1.	Friday 12 th November 2021	11.30am – 1.30pm
2.	Friday 19 th November 2021	11.30am – 1.30pm
3.	Friday 26 th November 2021	11.30am – 1.30pm
4.	Friday 3 rd December 2021	11.30am – 1.30pm
5.	Tuesday 7 th December 2021	09.00am – 11.00am






School tours are very welcome.
 Please call 5663 5263 to arrange a visit.





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Dear Parents/Guardians,

This letter is to advise you of Tarwin Lower Primary School's Voluntary Financial Contributions for 2022.

Schools provide students with free instruction to fulfil the standard Victorian curriculum and we want to assure you that all contributions are voluntary.

Nevertheless, the ongoing support of our families ensures that our school can offer the best possible education and welfare for our students. We want to thank you for all your support, whether that's financial, through fundraising, or volunteering your time. This has made a huge difference to our school and the programs we can offer.

Within our school this support has allowed us to organise and coordinate the best possible programs outside of the traditional teaching and learning classroom structure. Your financial contributions assist us with the purchasing of art, music and physical education equipment and different resources, which contribute to our amazing curriculum and enhance the already high-quality teaching of our core areas such as Reading, Writing and Mathematics

All of these programs running together provide an effectively balanced and rigorous overall education experience for your children.

We know that many of our school families have struggled during the lockdowns of 2021. As such, to support all our families, we have not increased our Curriculum Contributions for 2022 and they remain the same as this year.

For further information on the Department's Parent Payments Policy please see a one-page overview attached or refer to the full Parent Payment Policy on the Tarwin Lower Primary School website – <https://www.tarwinlowerps.vic.edu.au>

CHANGES TO OUR START OF YEAR PROCEEDURES

Commencing in 2022 we have made some changes to the way we begin the year. All stationery items will now be distributed to the students in the classroom on the first day of school. We will not have book pick up procedures as we have had in the past.

The school will still be open, however, on Friday 28th January 2022 between 9.00am and 4.00pm if you wish to come in and do the following:

- Make a financial payment for Curriculum Contributions/Other Contributions. See the following pages for more information.
- Fill in Camps, Sports & Excursion Fund Application if you are the holder of a Centrelink card. (Note: this only needs to be done once. If you've already filled the form and received CSEF from our school previously, your application will be rolled over into 2022)
- Notify us regarding any changed circumstances, such as phone numbers, addresses, custody issues etc. A form will be sent home early in the new school year to collect changes to your information.
- Collect some uniform pieces from our pre-loved uniform shop. All these uniform items are free of charge.

Yours sincerely,

Jenni Cox
Principal

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Curriculum Contributions

Curriculum Contributions - items and activities that students use, or participate in, to access the Curriculum	Amount
<p><i>Classroom consumables, materials, & equipment (breakdown of cost available on request)</i></p> <ul style="list-style-type: none"> • Classroom - pens, pencils, textas, glue sticks, writing, graph and scrap books, folders, display books, scissors, rulers etc • Student reading diaries (grade 6 students - Diary organiser) • Targeted handwriting book • Mental Maths book (senior grade) • Art – paint, crayons, canvas, glitter, coloured paper, glue, card, wool, material, wood, beading • Science/ Mathematics – numeracy consumables, books, stationary • Literacy – book boxes, class sets, novels, readers • headphones • Sports – equipment, ribbons, materials • Cooking & garden supplies/activities • Music – instruments, workbooks • Indonesian Language – workbooks & Materials • Project paper, cover paper, laminating etc 	\$103.00
<p><i>Online Subscriptions</i></p> <ul style="list-style-type: none"> • Soundwaves • Essential Assessment 	\$25.00
<p><i>Curriculum Activities</i></p> <ul style="list-style-type: none"> • M.A.R.C. membership • Corner Inlet Cluster Sports/School Sport Vic memberships 	\$22.00
<i>Curriculum Consumables</i>	\$150.00

Extra-Curricular Items & Activities

Tarwin Primary School offers a range of items and activities that enhance or broaden the schooling experience of students and are above and beyond what the school provides in order to deliver the Curriculum. These are provided on a user-pays basis.

Extra-Curricular Items and Activities	Amount
Camp Grades 3 & 4	\$TBA
Camp Grades 5 & 6	\$TBA
After School Fun Evening & Sleepover for Grades 2 – 6	\$TBA
<i>Extra-curricular Items and Activities</i>	\$TBA



Other Contributions

These are voluntary financial contributions for non-curriculum items and activities that relate to the school's functions and objectives.

Other Contributions	Amount
Contribution towards the maintenance of the school grounds. Suggested Amount per family	\$30.00
<i>Other Contributions</i>	<i>\$30.00</i>

Total

Category	
Curriculum Contributions	\$ 150.00
Extra-Curricular Items & Activities	\$ TBA
Other Contributions to grounds maintenance (suggested amount per family)	\$ 30.00
<i>Total Curriculum Consumables and Extra-Curricular Items and Activities</i>	<i>\$ 180.00</i>

Financial Support for Families

Tarwin Lower Primary School understands that some families may experience financial difficulty and offers a range of support options, including:

- *the Camps, Sports and Excursions Fund to eligible Health Care Card Holders*
- *Individual Payment Plans*
- *State Schools Relief*

For a confidential discussion about accessing these services, or if you would like to discuss alternative payment arrangements, please contact the school in person, by telephone or email. Phone 03 5663 5263 | Email: tarwin.lower.ps@education.vic.gov.au



PLEASE COMPLETE AND RETURN TO THE OFFICE

Child's Name	Year Level
Child's Name	Year Level
Child's Name	Year Level

Category	Payment
Curriculum Contributions	\$
Extra-Curricular Items & Activities	\$
Other Contributions	\$
<i>Total Contributions</i>	\$

Payment Methods (Please tick)

- Cash
- Direct Deposit into the school's bank account
Bendigo Bank 633108
Account 151500626

Refunds

Parent requests for refunds are subject to the discretion of the school and made on a case-by-case basis. Refunds will be provided where the school deems it is reasonable and fair to do so, taking into consideration whether a cost has been incurred, the Department's Parent Payment Policy and Guidance, Financial Help for Families Policy and any other relevant information.

PARENT PAYMENTS POLICY

ONE PAGE OVERVIEW



FREE INSTRUCTION

- Schools provide students with free instruction and ensure students have free access to all items, activities and services that are used by the school to fulfil the standard curriculum requirements in Victorian Curriculum F-10, VCE and VCAL.
- Schools may invite parents to make a financial contribution to support the school.



PARENT PAYMENT REQUESTS

Schools can request contributions from parents under three categories:

Curriculum Contributions

Voluntary financial contributions for curriculum items and activities which the school deems necessary for students to learn the Curriculum.

Other Contributions

Voluntary financial contributions for non-curriculum items and activities that relate to the school's functions and objectives.

Extra-Curricular Items and Activities

Items and activities that enhance or broaden the schooling experience of students and are above and beyond what the school provides for free to deliver the Curriculum. These are provided on a user-pays basis.

- Schools may also invite parents to supply or purchase educational items to use and own (e.g. textbooks, stationery, digital devices).



FINANCIAL HELP FOR FAMILIES

- Schools put in place financial hardship arrangements to support families who cannot pay for items or activities so that their child doesn't miss out.
- Schools have a nominated parent payment contact person(s) that parents can have a confidential discussion with regarding financial hardship arrangements.



SCHOOL PROCESSES

- Schools must obtain school council approval for their parent payment arrangements and publish all requests and communications for each year level on their school website for transparency.



TARWIN LOWER PRIMARY SCHOOL

CHRISTMAS CONCERT, GRADUATION & SANTA

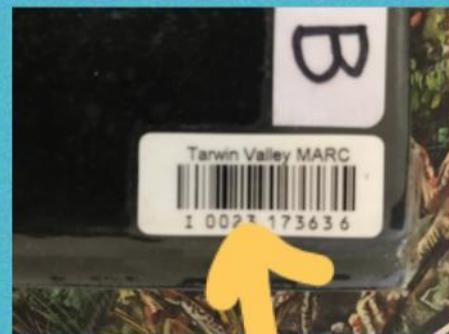
Wednesday 15th December
from 6pm - 8pm
Tarwin Lower Football Oval

All families and friends are welcome to our picnic evening. Please bring your rugs, chairs, own food and enjoy a wonderful performance by our students. There will be a special visitor at the end!

Please note this is an alcohol free and smoke free event.



MARC Library Book Returns



As we are approaching the end of 2021, it is now time for students to return their MARC library books.

This week, students will be coming home with a bright yellow slip of paper listing the items they have out on loan. Could you please help your child/ren to locate their books and return them to school ready for the end of year stocktake. They are identifiable by a green dot on the spine, a barcode on the back and a sticker which reads 'Tarwin Valley MARC' on the front cover. With thanks for your cooperation, Sophie Callcott and Jeanette Johnson.



PIC•COLLAGE



Respectful school communities start with respectful behaviour

Parents, carers, staff and students can help keep our school community safe, supportive and respectful.

Good relationships are based on:



Open and honest communication



Trust and respect



Working together



Fair and reasonable expectations by all

These behaviours are not okay in our school community:

- ⊗ Threats
- ⊗ Violence
- ⊗ Rudeness
- ⊗ Harassment
- ⊗ Discriminatory and derogatory comments
- ⊗ Aggression
- ⊗ Intimidation
- ⊗ Threatening gestures

This includes in-person, over-the-phone, email, text message, social media and online.

For more information ask your school about the **Respectful Behaviours within the School Community Policy**.





FOR PARENTS AND CARERS

Wellbeing support for students over school holidays

It's been a big year and this guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care over the school holidays. This includes services to reach out to if more support is needed.

Actions that support positive mental health

Encourage your young person to:

- Exercise and eat healthily to boost their mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk, and remind them they are not alone
- Seek professional help if needed.¹

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling it: [mindfulness resources and activities for senior secondary students](#). Smiling Mind gives tips on self-care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.



Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.^{2,3}

Young people supporting each other

Young people are **most likely to turn to each other for support** before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

1 headspace – a parents guide to school issues and stress <https://the.education.vic.gov.au/friends-and-family/wellbeing-a-guide-for-parents-on-stress-and-school-issues/>

2 headspace 'mental health and you' poster <https://the.education.vic.gov.au/assets/uploads/Mental-Health-Posters-main.pdf>

3 headspace – how to talk to your children about mental health <https://the.education.vic.gov.au/0164/>



THE EDUCATION STATE



SCHOOLS

Mental health support

- **Your local GP**
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, students can self-refer by calling their [local headspace centre](#).
- **eheadspace:** 1800 650 890
www.headspace.org.au/eheadspace
- **Kids Helpline:** 1800 551 800
www.kidshelpline.com.au
- **Lifeline:** 13 11 14
www.lifeline.org.au
- **Beyond Blue:** 1300 224 636
www.beyondblue.org.au
- **Head to Help:** 1800 595 212
www.headtohelp.org.au
- **Suicide Call Back Service:** 1300 659 467
www.suicidecallbackservice.org.au
- [Family violence information and support services](#)
- **Contacting 000** for urgent assistance

Family violence support and resources

- **Safe Steps:** 1800 015 188
www.safesteps.org.au
- **1800RESPECT:** 1800 737 732
www.1800respect.org.au
- **What's okay at home:**
www.woah.org.au
- [Family violence support](#)

Eastern Victoria bushfires: first anniversary

We are also approaching the first anniversary for some communities who experienced last Summer's Eastern Victoria bushfires. The anniversary may trigger worry or anxiety levels in children and young people that are similar to what they experienced during the event.

For more information on supporting children and young people during this time:

- **Emerging Minds:** [Traumatic events: anniversaries and other triggers](#)
- **Trauma and Grief Network:** [Understanding and managing anniversary reactions](#)

Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

headspace parent seminars on understanding mental health

- Local headspace centres are running seminars over the school holidays to strengthen parents understanding of mental health and build skills and strategies to support mental health. For further information about dates contact: headspaceschools@headspace.org.au
- headspace National has partnered with the Department of Education and Training to deliver two parent and carer twilight webinars to discuss:
 - o supporting young people – Notice, Ask, Connect (Thursday 10 December 2020. [Information and registration here](#))
 - o supporting young people transitioning from primary to secondary school (Tuesday 15 December 2020. [Information and registration here](#)).

Mental health resources

- **Mental Health Toolkit:** contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
 - o [Raising Learners Podcast Series:](#) providing expert advice/information to parents/carers on topics including how to keep your child safe online
 - o [Understanding mental health – fact sheet](#) (Orygen)
 - o [Learn how to handle tough times](#) (headspace)
 - o [Get into life \(to keep your headspace healthy\)](#) (headspace)
- [Supporting your young person during the holidays](#) (headspace)



Education and Training



1-2-3 Magic & Emotion Coaching Program

Free live **ONLINE** program for parents of children aged 2 to 12

Tired of yelling and nagging?

Resolve difficult behaviour in children aged 2 to 12.

In 3 sessions parents will learn:

- How to discipline without arguing, yelling or smacking;
- How to handle challenging behaviours;
- How to use emotion coaching to encourage good behaviour;
- Strategies for encouraging good behaviour;
- How to sort behaviours and choose correct strategies using "The 3 Choices Model".

We'll also work on strategies so you can:

- Strengthen your relationship with your child;
- Strengthen your child's emotional resilience.

Parents will receive:

- **A FREE workbook (valued at \$12) to apply the concepts learnt**
- **A Certificate of Completion**

*Do this highly sought after parenting program **FROM THE COMFORT OF YOUR OWN HOME** -Hurry! Places are limited-*

When?

11:30pm – 2:30pm

Over 3 Tuesdays:

November 30th

December 7th

December 14th, 2021

Cost?

FREE

Get in touch

Bookings are essential!

Please contact:

Mark Brookes

Group Work Facilitator

Uniting Gippsland

5662 5150

0438 204 437

mark.brookes@vt.uniting.org